Section 4-1

PRT Standards for Altitudes Less Than 5000 Ft

Table 4-1: PRT Standards Altitudes Less Than 5000 Feet

Performance		Points	Males: Age 17 - 19 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	92	3:40	8:15	7:00	6:30	6:20
Outstanding	Medium	95	91	3:35	8:45	7:10	6:45	6:35
Outstanding	**Low**	**90**	**86**	**3:30**	**9:00**	**7:20**	**7:15**	**7:05**
Excellent	High	85	82	3:23	9:15	7:30	7:45	7:35
Excellent	Medium	80	79	3:17	9:30	7:40	8:15	8:05
Excellent	**Low**	**75**	**76**	**3:10**	**9:45**	**7:50**	**8:30**	**8:20**
Good	High	70	68	2:50	10:00	8:10	9:15	9:05
Good	Medium	65	60	2:30	10:30	8:30	10:30	10:20
Good	**Low**	**60**	**51**	**2:10**	**11:00**	**8:50**	**11:15**	**11:05**
Satisfactory	High	55	49	1:50	12:00	9:00	11:45	11:35
Satisfactory	Medium	50	46	1:30	12:15	9:10	12:15	12:05
Probationary		45	42	1:10	12:45	9:20	12:45	12:35

Performance		Points	Females: Age 17 - 19 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	51	3:40	9:29	8:00	6:45	6:35
Outstanding	Medium	95	50	3:35	11:15	8:10	7:45	7:35
Outstanding	**Low**	**90**	**47**	**3:30**	**11:30**	**8:20**	**8:30**	**8:20**
Excellent	High	85	45	3:23	11:45	8:30	9:00	8:50
Excellent	Medium	80	43	3:17	12:00	8:40	9:30	9:20
Excellent	**Low**	**75**	**42**	**3:10**	**12:30**	**8:50**	**9:45**	**9:35**
Good	High	70	36	2:50	12:45	9:10	10:45	10:35
Good	Medium	65	30	2:30	13:00	9:40	12:00	11:50
Good	**Low**	**60**	**24**	**2:10**	**13:30**	**10:10**	**13:00**	**12:50**
Satisfactory	High	55	22	1:50	14:15	10:20	13:15	13:05
Satisfactory	Medium	50	20	1:30	14:45	10:30	13:45	13:35
Probationary		45	19	1:10	15:00	10:40	14:15	14:05

Table 4-1: PRT Standards Altitudes Less Than 5000 Feet

Performance		Points	Males: Age 20 - 24 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	87	3:35	8:30	7:05	6:30	6:20
Outstanding	Medium	95	86	3:30	9:00	7:15	7:00	6:50
Outstanding	**Low**	**90**	**81**	**3:25**	**9:15**	**7:25**	**7:30**	**7:20**
Excellent	High	85	77	3:18	9:45	7:35	8:00	7:50
Excellent	Medium	80	74	3:12	10:00	7:45	8:15	8:05
Excellent	**Low**	**75**	**71**	**3:05**	**10:30**	**7:55**	**8:45**	**8:35**
Good	High	70	64	2:45	10:45	8:15	9:30	9:20
Good	Medium	65	55	2:25	11:30	8:35	10:30	10:20
Good	**Low**	**60**	**47**	**2:05**	**12:00**	**8:55**	**11:30**	**11:20**
Satisfactory	High	55	45	1:45	12:45	9:05	12:00	11:50
Satisfactory	Medium	50	42	1:25	13:15	9:15	12:15	12:05
Probationary		45	37	1:05	13:30	9:25	13:00	12:50

Performance		Points	Females: Age 20 - 24 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	48	3:35	9:47	8:05	7:15	7:05
Outstanding	Medium	95	47	3:30	11:15	8:15	8:00	7:50
Outstanding	**Low**	**90**	**44**	**3:25**	**11:30**	**8:25**	**8:45**	**8:35**
Excellent	High	85	43	3:18	12:15	8:35	9:15	9:05
Excellent	Medium	80	40	3:12	12:45	8:45	9:45	9:35
Excellent	**Low**	**75**	**39**	**3:05**	**13:15**	**8:55**	**10:00**	**9:50**
Good	High	70	33	2:45	13:30	9:15	11:00	10:50
Good	Medium	65	28	2:25	13:45	9:45	12:15	12:05
Good	**Low**	**60**	**21**	**2:05**	**14:15**	**10:15**	**13:15**	**13:05**
Satisfactory	High	55	20	1:45	15:00	10:25	13:45	13:35
Satisfactory	Medium	50	17	1:25	15:15	10:35	14:00	13:50
Probationary		45	16	1:05	15:30	10:45	14:30	14:20

Table 4-1: PRT Standards Altitudes Less Than 5000 Feet

Performance		Points	Males: Age 25 - 29 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	84	3:30	8:55	7:10	6:38	6:28
Outstanding	Medium	95	82	3:25	9:23	7:20	7:08	6:58
Outstanding	**Low**	**90**	**77**	**3:20**	**9:38**	**7:30**	**7:38**	**7:28**
Excellent	High	85	73	3:14	10:15	7:40	8:08	7:58
Excellent	Medium	80	69	3:07	10:30	7:50	8:23	8:13
Excellent	**Low**	**75**	**67**	**3:00**	**10:52**	**8:00**	**8:53**	**8:43**
Good	High	70	60	2:40	11:23	8:20	9:38	9:28
Good	Medium	65	51	2:20	12:15	8:40	10:38	10:28
Good	**Low**	**60**	**44**	**2:00**	**12:53**	**9:00**	**11:38**	**11:28**
Satisfactory	High	55	41	1:40	13:23	9:10	12:08	11:58
Satisfactory	Medium	50	38	1:20	13:45	9:20	12:23	12:13
Probationary		45	34	1:00	14:00	9:30	13:08	12:58

Performance		Points	Females: Age 25 - 29 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	46	3:30	10:17	8:10	7:23	7:13
Outstanding	Medium	95	45	3:25	11:30	8:20	8:15	7:58
Outstanding	**Low**	**90**	**43**	**3:20**	**11:45**	**8:30**	**9:00**	**8:50**
Excellent	High	85	41	3:14	12:30	8:40	9:30	9:20
Excellent	Medium	80	39	3:07	13:00	8:50	10:00	9:50
Excellent	**Low**	**75**	**37**	**3:00**	**13:23**	**9:00**	**10:15**	**10:05**
Good	High	70	30	2:40	14:00	9:20	11:15	11:05
Good	Medium	65	26	2:20	14:30	9:50	12:30	12:20
Good	**Low**	**60**	**19**	**2:00**	**14:53**	**10:20**	**13:30**	**13:20**
Satisfactory	High	55	18	1:40	15:23	10:30	13:53	13:43
Satisfactory	Medium	50	15	1:20	15:45	10:40	14:15	14:05
Probationary		45	13	1:00	16:08	10:50	14:45	14:35

Table 4-1: PRT Standards Altitudes Less Than 5000 Feet

Performance		Points	Males: Age 30 - 34 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	80	3:25	9:20	7:15	6:45	6:35
Outstanding	Medium	95	78	3:20	9:45	7:25	7:15	7:05
Outstanding	**Low**	**90**	**74**	**3:15**	**10:00**	**7:35**	**7:45**	**7:35**
Excellent	High	85	69	3:09	10:30	7:45	8:15	8:05
Excellent	Medium	80	67	3:02	11:00	7:55	8:30	8:20
Excellent	**Low**	**75**	**64**	**2:55**	**11:15**	**8:05**	**9:00**	**8:50**
Good	High	70	57	2:35	12:00	8:25	9:45	9:35
Good	Medium	65	48	2:15	13:00	8:45	10:45	10:35
Good	**Low**	**60**	**41**	**1:55**	**13:45**	**9:05**	**11:45**	**11:35**
Satisfactory	High	55	38	1:35	14:00	9:15	12:15	12:05
Satisfactory	Medium	50	35	1:15	14:15	9:25	12:30	12:20
Probationary		45	31	0:55	14:30	9:35	13:15	13:05

Performance		Points	Females: Age 30 - 34 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	44	3:25	10:46	8:15	7:30	7:20
Outstanding	Medium	95	43	3:20	11:45	8:25	8:30	8:20
Outstanding	**Low**	**90**	**41**	**3:15**	**12:00**	**8:35**	**9:15**	**9:05**
Excellent	High	85	39	3:09	12:45	8:45	9:45	9:35
Excellent	Medium	80	37	3:02	13:15	8:55	10:15	10:05
Excellent	**Low**	**75**	**35**	**2:55**	**13:30**	**9:05**	**10:30**	**10:20**
Good	High	70	28	2:35	14:30	9:25	11:30	11:20
Good	Medium	65	24	2:15	15:15	9:55	12:45	12:35
Good	**Low**	**60**	**17**	**1:55**	**15:30**	**10:25**	**13:45**	**13:35**
Satisfactory	High	55	15	1:35	15:45	10:35	14:00	13:50
Satisfactory	Medium	50	13	1:15	16:15	10:45	14:30	14:20
Probationary		45	11	0:55	16:45	10:55	15:00	14:50

Table 4-1: PRT Standards Altitudes Less Than 5000 Feet

Performance		Points	Males: Age 35 - 39 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	76	3:20	9:25	7:20	6:53	6:43
Outstanding	Medium	95	74	3:15	9:53	7:30	7:23	7:13
Outstanding	**Low**	**90**	**70**	**3:10**	**10:08**	**7:40**	**7:53**	**7:43**
Excellent	High	85	65	3:04	10:38	7:50	8:23	8:13
Excellent	Medium	80	63	2:57	11:08	8:00	8:38	8:28
Excellent	**Low**	**75**	**60**	**2:50**	**11:23**	**8:10**	**9:08**	**8:58**
Good	High	70	53	2:30	12:23	8:30	9:53	9:43
Good	Medium	65	44	2:10	13:23	8:50	10:53	10:43
Good	**Low**	**60**	**37**	**1:50**	**14:08**	**9:10**	**11:53**	**11:43**
Satisfactory	High	55	35	1:30	14:23	9:20	12:23	12:13
Satisfactory	Medium	50	33	1:10	14:45	9:30	12:38	12:28
Probationary		45	27	0:50	15:00	9:40	13:23	13:13

Performance		Points	Females: Age 35 - 39 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	43	3:20	10:51	8:20	7:45	7:35
Outstanding	Medium	95	42	3:15	11:53	8:30	8:38	8:28
Outstanding	**Low**	**90**	**39**	**3:10**	**12:08**	**8:40**	**9:30**	**9:20**
Excellent	High	85	37	3:04	12:53	8:50	10:00	9:50
Excellent	Medium	80	35	2:57	13:23	9:00	10:23	10:13
Excellent	**Low**	**75**	**34**	**2:50**	**13:45**	**9:10**	**10:45**	**10:35**
Good	High	70	26	2:30	14:38	9:30	11:45	11:35
Good	Medium	65	22	2:10	15:30	10:00	12:53	12:43
Good	**Low**	**60**	**14**	**1:50**	**15:53**	**10:30**	**14:00**	**13:50**
Satisfactory	High	55	13	1:30	16:15	10:40	14:15	14:05
Satisfactory	Medium	50	11	1:10	16:38	10:50	14:38	14:28
Probationary		45	9	0:50	17:00	11:00	15:15	15:05

Table 4-1: PRT Standards Altitudes Less Than 5000 Feet

Performance		Points	Males: Age 40 - 44 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	72	3:15	9:30	7:25	7:00	6:50
Outstanding	Medium	95	70	3:10	10:00	7:35	7:30	7:20
Outstanding	**Low**	**90**	**67**	**3:05**	**10:15**	**7:45**	**8:00**	**7:50**
Excellent	High	85	61	2:59	10:45	7:55	8:30	8:20
Excellent	Medium	80	59	2:52	11:15	8:05	8:45	8:35
Excellent	**Low**	**75**	**56**	**2:45**	**11:45**	**8:15**	**9:15**	**9:05**
Good	High	70	50	2:25	12:45	8:35	10:00	9:50
Good	Medium	65	41	2:05	13:45	8:55	11:00	10:50
Good	**Low**	**60**	**34**	**1:45**	**14:30**	**9:15**	**12:00**	**11:50**
Satisfactory	High	55	32	1:25	14:45	9:25	12:30	12:20
Satisfactory	Medium	50	29	1:05	15:15	9:35	12:45	12:35
Probationary		45	24	0:45	15:30	9:45	13:30	13:20

Performance		Points	Females: Age 40 - 44 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	41	3:15	10:56	8:25	8:00	7:50
Outstanding	Medium	95	40	3:10	12:00	8:35	8:45	8:35
Outstanding	**Low**	**90**	**37**	**3:05**	**12:15**	**8:45**	**9:45**	**9:35**
Excellent	High	85	35	2:59	13:00	8:55	10:15	10:05
Excellent	Medium	80	33	2:52	13:30	9:05	10:30	10:20
Excellent	**Low**	**75**	**32**	**2:45**	**14:00**	**9:15**	**11:00**	**10:50**
Good	High	70	24	2:25	14:45	9:35	12:00	11:50
Good	Medium	65	20	2:05	15:45	10:05	13:00	12:50
Good	**Low**	**60**	**12**	**1:45**	**16:15**	**10:35**	**14:15**	**14:05**
Satisfactory	High	55	11	1:25	16:45	10:45	14:30	14:20
Satisfactory	Medium	50	9	1:05	17:00	10:55	14:45	14:35
Probationary		45	7	0:45	17:15	11:05	15:30	15:20

Table 4-1: PRT Standards Altitudes Less Than 5000 Feet

Performance		Points	Males: Age 45 - 49 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	68	3:10	9:33	7:30	7:08	6:58
Outstanding	Medium	95	66	3:05	10:08	7:40	7:38	7:28
Outstanding	**Low**	**90**	**63**	**3:00**	**10:30**	**7:50**	**8:08**	**7:58**
Excellent	High	85	57	2:54	11:08	8:00	8:38	8:28
Excellent	Medium	80	54	2:47	11:38	8:10	8:53	8:43
Excellent	**Low**	**75**	**52**	**2:40**	**12:08**	**8:20**	**9:23**	**9:13**
Good	High	70	46	2:20	13:00	8:40	10:08	9:58
Good	Medium	65	37	2:00	14:08	9:00	11:08	10:58
Good	**Low**	**60**	**32**	**1:40**	**14:53**	**9:20**	**12:08**	**11:58**
Satisfactory	High	55	28	1:20	15:15	9:30	12:38	12:28
Satisfactory	Medium	50	25	1:00	15:45	9:40	12:53	12:43
Probationary		45	21	0:40	16:08	9:50	13:38	13:28

Performance		Points	Females: Age 45 - 49 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	40	3:10	10:58	8:30	8:15	8:05
Outstanding	Medium	95	39	3:05	12:08	8:40	9:00	8:50
Outstanding	**Low**	**90**	**35**	**3:00**	**12:30**	**8:50**	**9:53**	**9:43**
Excellent	High	85	33	2:54	13:15	9:00	10:23	10:13
Excellent	Medium	80	32	2:47	13:45	9:10	10:45	10:35
Excellent	**Low**	**75**	**30**	**2:40**	**14:08**	**9:20**	**11:08**	**10:58**
Good	High	70	22	2:20	15:00	9:40	12:15	12:05
Good	Medium	65	18	2:00	15:53	10:10	13:15	13:05
Good	**Low**	**60**	**11**	**1:40**	**16:30**	**10:40**	**14:30**	**14:20**
Satisfactory	High	55	8	1:20	16:53	10:50	14:45	14:35
Satisfactory	Medium	50	7	1:00	17:08	11:00	15:00	14:50
Probationary		45	5	0:40	17:23	11:10	15:38	15:28

Table 4-1: PRT Standards Altitudes Less Than 5000 Feet

Performance		Points	Males: Age 50 - 54 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	64	3:05	9:35	7:35	7:15	7:05
Outstanding	Medium	95	62	3:00	10:15	7:45	7:45	7:35
Outstanding	**Low**	**90**	**59**	**2:55**	**10:45**	**7:55**	**8:15**	**8:05**
Excellent	High	85	53	2:49	11:30	8:05	8:45	8:35
Excellent	Medium	80	51	2:42	12:00	8:15	9:00	8:50
Excellent	**Low**	**75**	**49**	**2:35**	**12:30**	**8:25**	**9:30**	**9:20**
Good	High	70	43	2:15	13:15	8:45	10:15	10:05
Good	Medium	65	34	1:55	14:30	9:05	11:15	11:05
Good	**Low**	**60**	**30**	**1:35**	**15:15**	**9:25**	**12:15**	**12:05**
Satisfactory	High	55	25	1:15	15:45	9:35	12:45	12:35
Satisfactory	Medium	50	23	0:55	16:15	9:45	13:00	12:50
Probationary		45	19	0:35	16:45	9:55	13:45	13:35

Performance		Points	Females: Age 50 - 54 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	38	3:05	11:00	8:35	8:30	8:20
Outstanding	Medium	95	37	3:00	12:15	8:45	9:15	9:05
Outstanding	**Low**	**90**	**33**	**2:55**	**12:45**	**8:55**	**10:00**	**9:50**
Excellent	High	85	31	2:49	13:30	9:05	10:30	10:20
Excellent	Medium	80	30	2:42	14:00	9:15	11:00	10:50
Excellent	**Low**	**75**	**28**	**2:35**	**14:15**	**9:25**	**11:15**	**11:05**
Good	High	70	20	2:15	15:15	9:45	12:30	12:20
Good	Medium	65	16	1:55	16:00	10:15	13:30	13:20
Good	**Low**	**60**	**10**	**1:35**	**16:45**	**10:45**	**14:45**	**14:35**
Satisfactory	High	55	6	1:15	17:00	10:55	15:00	14:50
Satisfactory	Medium	50	5	0:55	17:15	11:05	15:15	15:05
Probationary		45	2	0:35	17:30	11:15	15:45	15:35

Table 4-1: PRT Standards Altitudes Less Than 5000 Feet

Performance		Points	Males: Age 55 - 59 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	**100**	60	3:00	10:42	7:40	7:17	7:07
Outstanding	Medium	**95**	59	2:55	11:09	7:50	7:47	7:37
Outstanding	**Low**	**90**	**56**	**2:50**	**11:25**	**8:00**	**8:17**	**8:07**
Excellent	High	**85**	52	2:44	11:57	8:10	8:50	8:40
Excellent	Medium	**80**	48	2:37	12:29	8:20	9:15	9:05
Excellent	**Low**	**75**	**46**	**2:30**	**13:12**	**8:30**	**9:47**	**9:37**
Good	High	**70**	38	2:10	14:13	8:50	10:40	10:30
Good	Medium	**65**	32	1:50	15:14	9:10	11:35	11:25
Good	**Low**	**60**	**16**	**1:30**	**16:15**	**9:30**	**12:33**	**12:23**
Satisfactory	High	**55**	14	1:10	16:33	9:40	13:00	12:50
Satisfactory	Medium	**50**	12	0:50	16:51	9:50	13:25	13:15
Probationary		**45**	10	0:30	17:09	10:00	13:55	13:45

Performance		Points	Females: Age 55 - 59 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	30	3:00	12:23	8:40	8:45	8:35
Outstanding	Medium	95	28	2:55	13:39	8:50	9:30	9:20
Outstanding	**Low**	**90**	**26**	**2:50**	**13:57**	**9:00**	**10:07**	**9:57**
Excellent	High	85	24	2:44	14:25	9:10	10:37	10:27
Excellent	Medium	80	22	2:37	14:53	9:20	11:15	11:05
Excellent	**Low**	**75**	**20**	**2:30**	**15:20**	**9:30**	**11:25**	**11:15**
Good	High	70	16	2:10	16:09	9:50	12:45	12:35
Good	Medium	65	10	1:50	16:58	10:20	13:45	13:35
Good	**Low**	**60**	**6**	**1:30**	**17:48**	**10:50**	**15:00**	**14:50**
Satisfactory	High	55	5	1:10	18:03	11:00	15:15	15:05
Satisfactory	Medium	50	3	0:50	18:18	11:10	15:30	15:20
Probationary		45	2	0:30	18:34	11:20	16:00	15:50

Table 4-1: PRT Standards Altitudes Less Than 5000 Feet

Performance		Points	Males: Age 60 - 64 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	57	2:55	11:21	7:45	7:20	7:10
Outstanding	Medium	95	56	2:50	11:48	7:55	7:50	7:40
Outstanding	**Low**	**90**	**52**	**2:45**	**12:04**	**8:05**	**8:20**	**8:10**
Excellent	High	85	48	2:39	12:40	8:15	8:55	8:45
Excellent	Medium	80	46	2:32	13:16	8:25	9:30	9:20
Excellent	**Low**	**75**	**44**	**2:25**	**13:53**	**8:35**	**10:05**	**9:55**
Good	High	70	32	2:05	15:00	8:55	11:00	10:50
Good	Medium	65	23	1:45	16:07	9:15	11:55	11:45
Good	**Low**	**60**	**14**	**1:25**	**17:14**	**9:35**	**12:50**	**12:40**
Satisfactory	High	55	12	1:05	17:47	9:45	13:15	13:05
Satisfactory	Medium	50	10	0:45	18:20	9:55	13:40	13:30
Probationary		45	8	0:25	18:52	10:05	14:05	13:55

Performance		Points	Females: Age 60 - 64 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	26	2:55	13:34	8:45	9:00	8:50
Outstanding	Medium	95	24	2:50	14:50	8:55	9:45	9:35
Outstanding	**Low**	**90**	**22**	**2:45**	**15:08**	**9:05**	**10:15**	**10:05**
Excellent	High	85	20	2:39	15:34	9:15	10:45	10:35
Excellent	Medium	80	18	2:32	16:00	9:25	11:30	11:20
Excellent	**Low**	**75**	**16**	**2:25**	**16:25**	**9:35**	**11:35**	**11:25**
Good	High	70	12	2:05	17:17	9:55	13:00	12:50
Good	Medium	65	8	1:45	18:06	10:25	14:00	13:50
Good	**Low**	**60**	**5**	**1:25**	**18:51**	**10:55**	**15:15**	**15:05**
Satisfactory	High	55	4	1:05	19:08	11:05	15:30	15:20
Satisfactory	Medium	50	3	0:45	19:25	11:15	15:45	15:35
Probationary		45	2	0:25	19:43	11:25	16:15	16:05

Table 4-1: PRT Standards Altitudes Less Than 5000 Feet

Performance		Points	Males: Age 65 + years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	48	2:50	11:41	7:50	7:25	7:15
Outstanding	Medium	95	46	2:45	12:13	8:00	7:55	7:45
Outstanding	**Low**	**90**	**44**	**2:40**	**12:43**	**8:10**	**8:25**	**8:15**
Excellent	High	85	41	2:34	13:20	8:20	9:05	8:55
Excellent	Medium	80	39	2:27	13:57	8:30	9:45	9:35
Excellent	**Low**	**75**	**36**	**2:20**	**14:34**	**8:40**	**10:30**	**10:20**
Good	High	70	25	2:00	15:47	9:00	11:25	11:15
Good	Medium	65	18	1:40	17:00	9:20	12:20	12:10
Good	**Low**	**60**	**10**	**1:20**	**18:13**	**9:40**	**13:20**	**13:10**
Satisfactory	High	55	8	1:00	19:00	9:50	13:40	13:30
Satisfactory	Medium	50	6	0:40	19:47	10:00	14:00	13:50
Probationary		45	4	0:20	20:35	10:10	14:15	14:05

Performance		Points	Females: Age 65 + years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	22	2:50	14:45	8:50	9:15	9:05
Outstanding	Medium	95	20	2:45	16:01	9:00	10:00	9:50
Outstanding	**Low**	**90**	**18**	**2:40**	**16:19**	**9:10**	**10:23**	**10:13**
Excellent	High	85	16	2:34	16:43	9:20	10:52	10:42
Excellent	Medium	80	14	2:27	17:07	9:30	11:45	11:35
Excellent	**Low**	**75**	**12**	**2:20**	**17:30**	**9:40**	**11:50**	**11:40**
Good	High	70	9	2:00	18:18	10:00	13:15	13:05
Good	Medium	65	6	1:40	19:06	10:30	14:15	14:05
Good	**Low**	**60**	**4**	**1:20**	**19:54**	**11:00**	**15:30**	**15:20**
Satisfactory	High	55	3	1:00	20:13	11:10	15:45	15:35
Satisfactory	Medium	50	2	0:40	20:31	11:20	16:00	15:50
Probationary		45	1	0:20	20:52	11:30	16:30	16:20

Section 4-2

PRT Standards for Altitudes Greater Than 5000 Ft

Table 4-2: PRT Standards Altitudes Greater Than 5000 Feet

Performance		Points	Males: Age 17 - 19 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	92	3:40	9:00	07:38	7:05	6:55
Outstanding	Medium	95	91	3:35	9:30	07:49	7:20	7:10
Outstanding	**Low**	**90**	**86**	**3:30**	**9:50**	**08:00**	**7:55**	**7:45**
Excellent	High	85	82	3:23	10:05	08:11	8:25	8:15
Excellent	Medium	80	79	3:17	10:20	08:21	9:00	8:50
Excellent	**Low**	**75**	**76**	**3:10**	**10:40**	**08:32**	**9:15**	**9:05**
Good	High	70	68	2:50	10:55	08:54	10:05	9:55
Good	Medium	65	60	2:30	11:25	09:16	11:25	11:15
Good	**Low**	**60**	**51**	**2:10**	**12:00**	**09:38**	**12:15**	**12:05**
Satisfactory	High	55	49	1:50	13:05	09:49	12:50	12:40
Satisfactory	Medium	50	46	1:30	13:20	10:00	13:20	13:10
Probationary		45	42	1:10	13:40	10:10	13:55	13:40

Performance		Points	Females: Age 17 - 19 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	51	3:40	10:20	08:43	7:20	7:10
Outstanding	Medium	95	50	3:35	12:15	08:54	8:25	8:15
Outstanding	**Low**	**90**	**47**	**3:30**	**12:30**	**09:05**	**9:15**	**9:05**
Excellent	High	85	45	3:23	12:50	09:16	9:50	9:40
Excellent	Medium	80	43	3:17	13:05	09:27	10:20	10:10
Excellent	**Low**	**75**	**42**	**3:10**	**13:40**	**09:38**	**10:40**	**10:25**
Good	High	70	36	2:50	13:55	10:00	11:45	11:30
Good	Medium	65	30	2:30	14:10	10:32	13:05	12:55
Good	**Low**	**60**	**24**	**2:10**	**14:45**	**11:05**	**14:10**	**14:00**
Satisfactory	High	55	22	1:50	15:30	11:16	14:25	14:15
Satisfactory	Medium	50	20	1:30	16:05	11:27	15:00	14:50
Probationary		45	19	1:10	16:20	11:38	15:30	15:20

Table 4-2: PRT Standards Altitudes Greater Than 5000 Feet

Performance		Points	Males: Age 20 - 24 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	87	3:35	9:15	07:43	7:05	6:55
Outstanding	Medium	95	86	3:30	9:50	07:54	7:40	7:25
Outstanding	**Low**	**90**	**81**	**3:25**	**10:05**	**08:05**	**8:10**	**8:00**
Excellent	High	85	77	3:18	10:40	08:16	8:45	8:30
Excellent	Medium	80	74	3:12	10:55	08:27	9:00	8:50
Excellent	**Low**	**75**	**71**	**3:05**	**11;25**	**08:38**	**9:30**	**9:20**
Good	High	70	64	2:45	11;45	09:00	10:20	10:10
Good	Medium	65	55	2:25	12:30	09:21	11:25	11:15
Good	**Low**	**60**	**47**	**2:05**	**13:05**	**09:43**	**12:30**	**12:20**
Satisfactory	High	55	45	1:45	13:55	09:54	13:05	12:55
Satisfactory	Medium	50	42	1:25	14:25	10:05	13:20	13:10
Probationary		45	37	1:05	14:45	10:16	14:10	14:00

Performance		Points	Females: Age 20 - 24 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	48	3:35	10:40	08:49	7:55	7:45
Outstanding	Medium	95	47	3:30	12:15	09:00	8:45	8:30
Outstanding	**Low**	**90**	**44**	**3:25**	**12:30**	**09:10**	**9:30**	**9:20**
Excellent	High	85	43	3:18	13:20	09:21	10:05	9:55
Excellent	Medium	80	40	3:12	13:55	09:32	10:40	10:25
Excellent	**Low**	**75**	**39**	**3:05**	**14:25**	**09:43**	**10:55**	**10:45**
Good	High	70	33	2:45	14:45	10:05	12:00	11:50
Good	Medium	65	28	2:25	15:00	10:38	13:20	13:10
Good	**Low**	**60**	**21**	**2:05**	**15:30**	**11:10**	**14:25**	**14:15**
Satisfactory	High	55	20	1:45	16:20	11:21	15:00	14:50
Satisfactory	Medium	50	17	1:25	16:40	11:32	15:15	15:05
Probationary		45	16	1:05	16:55	11:43	15:50	15:40

Table 4-2: PRT Standards Altitudes Greater Than 5000 Feet

Performance		Points	Males: Age 25 - 29 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	84	3:30	9:43	07:49	7:13	7:06
Outstanding	Medium	95	82	3:25	10:15	08:00	7:48	7:40
Outstanding	**Low**	**90**	**77**	**3:20**	**10:30**	**08:11**	**8:18**	**8:10**
Excellent	High	85	73	3:14	11:13	08:21	8:53	8:44
Excellent	Medium	80	69	3:07	11:28	08:32	9:08	8:59
Excellent	**Low**	**75**	**67**	**3:00**	**11:50**	**08:43**	**9:40**	**9:31**
Good	High	70	60	2:40	12:25	09:05	10:30	10:20
Good	Medium	65	51	2:20	13:20	09:27	11:35	11:24
Good	**Low**	**60**	**44**	**2:00**	**14:03**	**09:49**	**12:40**	**12:28**
Satisfactory	High	55	41	1:40	14:35	10:00	13:13	13:00
Satisfactory	Medium	50	38	1:20	14:58	10:10	13:30	13:17
Probationary		45	34	1:00	15:18	10:21	14:18	14:04

		Points	Females: Age 25 - 29 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	46	3:30	11:13	08:54	8:03	7:55
Outstanding	Medium	95	45	3:25	12:33	09:05	9:00	8:51
Outstanding	**Low**	**90**	**43**	**3:20**	**12:48**	**09:16**	**9:48**	**9:38**
Excellent	High	85	41	3:14	13:38	09:27	10:23	10:13
Excellent	Medium	80	39	3:07	14:10	09:38	10:55	10:45
Excellent	**Low**	**75**	**37**	**3:00**	**14:35**	**09:49**	**11:10**	**10:59**
Good	High	70	30	2:40	15:18	10:10	12:15	12:03
Good	Medium	65	26	2:20	15:50	10:43	13:38	13:24
Good	**Low**	**60**	**19**	**2:00**	**16:13**	**11:16**	**14:43**	**14:28**
Satisfactory	High	55	18	1:40	16:45	11:27	15:08	14:53
Satisfactory	Medium	50	15	1:20	17:13	11:38	15:33	15:18
Probationary		45	13	1:00	17:35	11:48	16:05	15:50

Table 4-2: PRT Standards Altitudes Greater Than 5000 Feet

Performance		Points	Males: Age 30 - 34 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	80	3:25	10:10	07:54	7:20	7:10
Outstanding	Medium	95	78	3:20	10:40	08:05	7:55	7:45
Outstanding	**Low**	**90**	**74**	**3:15**	**10:55**	**08:16**	**8:25**	**8:15**
Excellent	High	85	69	3:09	11:45	08:27	9:00	8:50
Excellent	Medium	80	67	3:02	12:00	08:38	9:15	9:05
Excellent	**Low**	**75**	**64**	**2:55**	**12:15**	**08:49**	**9:50**	**9:40**
Good	High	70	57	2:35	13:05	09:10	10:40	10:25
Good	Medium	65	48	2:15	14:10	09:32	11:45	11:30
Good	**Low**	**60**	**41**	**1:55**	**15:00**	**09:54**	**12:50**	**12:40**
Satisfactory	High	55	38	1:35	15:15	10:05	13:20	13:10
Satisfactory	Medium	50	35	1:15	15:30	10:16	13:40	13:25
Probationary		45	31	0:55	15:50	10:27	14:25	14:15

Performance		Points	Females: Age 30 - 34 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	44	3:25	11:45	09:00	8:10	8:00
Outstanding	Medium	95	43	3:20	12:50	09:10	9:15	9:05
Outstanding	**Low**	**90**	**41**	**3:15**	**13:05**	**09:21**	**10:05**	**9:55**
Excellent	High	85	39	3:09	13:55	09:32	10:40	10:25
Excellent	Medium	80	37	3:02	14:25	09:43	11:10	11:00
Excellent	**Low**	**75**	**35**	**2:55**	**14:45**	**09:54**	**11:25**	**11:15**
Good	High	70	28	2:35	15:50	10:16	12:30	12:20
Good	Medium	65	24	2:15	16:40	10:49	13:55	13:45
Good	**Low**	**60**	**17**	**1:55**	**16:55**	**11:21**	**15:00**	**14:50**
Satisfactory	High	55	15	1:35	17:10	11:32	15:15	15:05
Satisfactory	Medium	50	13	1:15	17:45	11:43	15:50	15:40
Probationary		45	11	0:55	18:15	11:54	16:20	16:10

Table 4-2: PRT Standards Altitudes Greater Than 5000 Feet

Performance		Points	Males: Age 35 - 39 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	76	3:20	10:15	08:00	7:30	7:23
Outstanding	Medium	95	74	3:15	10:48	08:11	8:03	7:55
Outstanding	**Low**	**90**	**70**	**3:10**	**11:03**	**08:21**	**8:35**	**8:27**
Excellent	High	85	65	3:04	11:45	08:32	9:08	8:59
Excellent	Medium	80	63	2:57	12:08	08:43	9:23	9:14
Excellent	**Low**	**75**	**60**	**2:50**	**12:33**	**08:54**	**9:58**	**9:48**
Good	High	70	53	2:30	13:30	09:16	10:48	10:37
Good	Medium	65	44	2:10	14:35	09:38	11:53	11:41
Good	**Low**	**60**	**37**	**1:50**	**15:25**	**10:00**	**12:58**	**12:45**
Satisfactory	High	55	35	1:30	15:40	10:10	13:30	13:17
Satisfactory	Medium	50	33	1:10	16:05	10:21	13:48	13:34
Probationary		45	27	0:50	16:23	10:32	14:35	14:21

Performance		Points	Females: Age 35 - 39 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	43	3:20	11:50	09:05	8:28	8:19
Outstanding	Medium	95	42	3:15	12:58	09:16	9:23	9:14
Outstanding	**Low**	**90**	**39**	**3:10**	**13:13**	**09:27**	**10:23**	**10:13**
Excellent	High	85	37	3:04	14:03	09:38	10:55	10:45
Excellent	Medium	80	35	2:57	14:35	09:49	11:18	11:07
Excellent	**Low**	**75**	**34**	**2:50**	**15:00**	**10:00**	**11:43**	**11:31**
Good	High	70	26	2:30	15:58	10:21	12:48	12:35
Good	Medium	65	22	2:10	16:55	10:54	14:03	13:49
Good	**Low**	**60**	**14**	**1:50**	**17:20**	**11:27**	**15:15**	**15:00**
Satisfactory	High	55	13	1:30	17:43	11:38	15:33	15:18
Satisfactory	Medium	50	11	1:10	18:08	11:48	15:40	15:42
Probationary		45	9	0:50	18:33	11:59	15:58	16:22

Table 4-2: PRT Standards Altitudes Greater Than 5000 Feet

Performance		Points	Males: Age 40 - 44 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	72	3:15	10:20	08:05	7:40	7:25
Outstanding	Medium	95	70	3:10	10:55	08:16	8:10	8:00
Outstanding	**Low**	**90**	**67**	**3:05**	**11:10**	**08:27**	**8:45**	**8:30**
Excellent	High	85	61	2:59	11:45	08:38	9:15	9:05
Excellent	Medium	80	59	2:52	12:15	08:49	9:30	9:20
Excellent	**Low**	**75**	**56**	**2:45**	**12:50**	**09:00**	**10:05**	**9:55**
Good	High	70	50	2:25	13:55	09:21	10:55	10:45
Good	Medium	65	41	2:05	15:00	09:43	12:00	11:50
Good	**Low**	**60**	**34**	**1:45**	**15:50**	**10:05**	**13:05**	**12:55**
Satisfactory	High	55	32	1:25	16:05	10:16	13:40	13:25
Satisfactory	Medium	50	29	1:05	16:40	10:27	13:55	13:45
Probationary		45	24	0:45	16:55	10:38	14:45	14:30

Performance		Points	Females: Age 40 - 44 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	41	3:15	11:55	09:10	8:45	8:30
Outstanding	Medium	95	40	3:10	13:05	09:21	9:30	9:20
Outstanding	**Low**	**90**	**37**	**3:05**	**13:20**	**09:32**	**10:40**	**10:25**
Excellent	High	85	35	2:59	14:10	09:43	11:10	11:00
Excellent	Medium	80	33	2:52	14:45	09:54	11:25	11:15
Excellent	**Low**	**75**	**32**	**2:45**	**15:15**	**10:05**	**12:00**	**11:50**
Good	High	70	24	2:25	16:05	10:27	13:05	12:55
Good	Medium	65	20	2:05	17:10	10:59	14:10	14:00
Good	**Low**	**60**	**12**	**1:45**	**17:45**	**11:32**	**15:30**	**15:20**
Satisfactory	High	55	11	1:25	18:15	11:43	15:50	15:40
Satisfactory	Medium	50	9	1:05	18:30	11:54	16:05	15:55
Probationary		45	7	0:45	18:50	12:05	16:55	16:40

Table 4-2: PRT Standards Altitudes Greater Than 5000 Feet

Performance		Points	Males: Age 45 - 49 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	68	3:10	10:23	08:11	7:48	7:40
Outstanding	Medium	95	66	3:05	11:03	08:21	8:18	8:10
Outstanding	**Low**	**90**	**63**	**3:00**	**11:28**	**08:32**	**8:53**	**8:44**
Excellent	High	85	57	2:54	12:08	08:43	9:23	9:14
Excellent	Medium	80	54	2:47	12:40	08:54	9:40	9:31
Excellent	**Low**	**75**	**52**	**2:40**	**13:15**	**09:05**	**10:13**	**10:03**
Good	High	70	46	2:20	14:10	09:27	11:03	10:52
Good	Medium	65	37	2:00	15:25	09:49	12:08	11:56
Good	**Low**	**60**	**32**	**1:40**	**16:15**	**10:10**	**13:13**	**12:59**
Satisfactory	High	55	28	1:20	16:38	10:21	13:48	13:34
Satisfactory	Medium	50	25	1:00	17:13	10:32	14:03	13:49
Probationary		45	21	0:40	17:35	10:43	14:53	14:38

Performance		Points	Females: Age 45 -49 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	40	3:10	11:58	09:16	9:00	8:51
Outstanding	Medium	95	39	3:05	13:13	09:27	9:48	9:38
Outstanding	**Low**	**90**	**35**	**3:00**	**13:38**	**09:38**	**10:48**	**10:37**
Excellent	High	85	33	2:54	14:28	09:49	11:18	11:07
Excellent	Medium	80	32	2:47	15:00	10:00	11:43	11:31
Excellent	**Low**	**75**	**30**	**2:40**	**15:23**	**10:10**	**12:08**	**11:56**
Good	High	70	22	2:20	16:23	10:32	13:23	13:10
Good	Medium	65	18	2:00	17:18	11:05	14:28	14:14
Good	**Low**	**60**	**11**	**1:40**	**18:00**	**11:38**	**15:48**	**15:32**
Satisfactory	High	55	8	1:20	18:23	11:48	16:05	15:50
Satisfactory	Medium	50	7	1:00	18:40	11:59	16:23	16:07
Probationary		45	5	0:40	18:58	12:10	17:03	16:46

Table 4-2: PRT Standards Altitudes Greater Than 5000 Feet

Performance		Points	Males: Age 50 - 54 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	64	3:05	10:25	08:16	7:55	7:45
Outstanding	Medium	95	62	3:00	11:10	08:27	8:25	8:15
Outstanding	**Low**	**90**	**59**	**2:55**	**11:45**	**08:38**	**9:00**	**8:50**
Excellent	High	85	53	2:49	12:30	08:49	9:30	9:20
Excellent	Medium	80	51	2:42	13:05	09:00	9:50	9:40
Excellent	**Low**	**75**	**49**	**2:35**	**13:40**	**09:10**	**10:20**	**10:10**
Good	High	70	43	2:15	14:25	09:32	11:10	11:00
Good	Medium	65	34	1:55	15:50	09:54	12:15	12:05
Good	**Low**	**60**	**30**	**1:35**	**16:40**	**10:16**	**13:20**	**13:10**
Satisfactory	High	55	25	1:15	17:10	10:27	13:55	13:45
Satisfactory	Medium	50	23	0:55	17:45	10:38	14:10	14:00
Probationary		45	19	0:35	18:15	10:49	15:00	14:50

Performance		Points	Females: Age 50 -54 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	38	3:05	12:00	09:21	9:15	9:05
Outstanding	Medium	95	37	3:00	13:20	09:32	10:05	9:55
Outstanding	**Low**	**90**	**33**	**2:55**	**13:55**	**09:43**	**10:55**	**10:45**
Excellent	High	85	31	2:49	14:45	09:54	11:25	11:15
Excellent	Medium	80	30	2:42	15:15	10:05	12:00	11:50
Excellent	**Low**	**75**	**28**	**2:35**	**15:30**	**10:16**	**12:15**	**12:05**
Good	High	70	20	2:15	16:40	10:38	13:40	13:25
Good	Medium	65	16	1:55	17:25	11:10	14:45	14:30
Good	**Low**	**60**	**10**	**1:35**	**18:15**	**11:43**	**16:05**	**15:55**
Satisfactory	High	55	6	1:15	18:30	11:54	16:20	16:10
Satisfactory	Medium	50	5	0:55	18:50	12:05	16:40	16:26
Probationary		45	2	0:35	19:05	12:16	17:10	17:00

Table 4-2: PRT Standards Altitudes Greater Than 5000 Feet

Performance		Points	Males: Age 55 - 59 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	60	3:00	11:46	08:26	8:01	7:50
Outstanding	Medium	95	59	2:55	12:16	08:37	8:34	8:23
Outstanding	**Low**	**90**	**56**	**2:50**	**12:34**	**08:48**	**9:07**	**8:56**
Excellent	High	85	52	2:44	13:09	08:59	9:43	9:32
Excellent	Medium	80	48	2:37	13:44	09:10	10:11	10:00
Excellent	**Low**	**75**	**46**	**2:30**	**14:31**	**09:21**	**10:46**	**10:35**
Good	High	70	38	2:10	15:38	09:43	11:44	11:33
Good	Medium	65	32	1:50	16:45	10:05	12:45	12:34
Good	**Low**	**60**	**16**	**1:30**	**17:53**	**10:27**	**13:48**	**13:37**
Satisfactory	High	55	14	1:10	18:12	10:38	14:18	14:07
Satisfactory	Medium	50	12	0:50	18:32	10:49	14:46	14:35
Probationary		45	10	0:30	18:52	11:00	15:19	15:08

Performance		Points	Females: Age 55 -59 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	30	3:00	13:37	09:32	9:38	9:27
Outstanding	Medium	95	28	2:55	15:01	09:43	10:27	10:16
Outstanding	**Low**	**90**	**26**	**2:50**	**15:21**	**09:54**	**11:08**	**10:57**
Excellent	High	85	24	2:44	15:52	10:05	11:41	11:30
Excellent	Medium	80	22	2:37	16:22	10:16	12:23	12:12
Excellent	**Low**	**75**	**20**	**2:30**	**16:52**	**10:27**	**12:34**	**12:23**
Good	High	70	16	2:10	17:46	10:49	14:02	13:51
Good	Medium	65	10	1:50	18:40	11:22	15:08	14:57
Good	**Low**	**60**	**6**	**1:30**	**19:35**	**11:55**	**16:30**	**16:19**
Satisfactory	High	55	5	1:10	19:51	12:06	16:47	16:36
Satisfactory	Medium	50	3	0:50	20:08	12:17	17:03	16:52
Probationary		45	2	0:30	20:25	12:28	17:36	17:25

Table 4-2: PRT Standards Altitudes Greater Than 5000 Feet

Performance		Points	Males: Age 60 - 64 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	57	2:55	12:29	08:31	8:04	7:53
Outstanding	Medium	95	56	2:50	12:59	08:42	8:37	8:26
Outstanding	**Low**	**90**	**52**	**2:45**	**13:16**	**08:54**	**9:10**	**8:59**
Excellent	High	85	48	2:39	13:56	09:04	9:49	9:38
Excellent	Medium	80	46	2:32	14:36	09:16	10:27	10:16
Excellent	**Low**	**75**	**44**	**2:25**	**15:16**	**09:26**	**11:06**	**10:55**
Good	High	70	32	2:05	16:30	09:48	12:06	11:55
Good	Medium	65	23	1:45	17:44	10:11	13:07	12:56
Good	**Low**	**60**	**14**	**1:25**	**18:57**	**10:32**	**14:07**	**13:56**
Satisfactory	High	55	12	1:05	19:34	10:43	14:35	14:24
Satisfactory	Medium	50	10	0:45	12:10	10:54	15:02	14:51
Probationary		45	8	0:25	20:45	11:05	15:30	15:19

Performance		Points	Females: Age 60 - 64 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	26	2:55	14:55	09:37	9:54	9:43
Outstanding	Medium	95	24	2:50	16:19	09:48	10:44	10:33
Outstanding	**Low**	**90**	**22**	**2:45**	**16:39**	**10:00**	**11:17**	**11:06**
Excellent	High	85	20	2:39	17:07	10:11	11:50	11:39
Excellent	Medium	80	18	2:32	17:36	10:22	12:39	12:28
Excellent	**Low**	**75**	**16**	**2:25**	**18:04**	**10:32**	**12:45**	**12:34**
Good	High	70	12	2:05	19:01	10:54	14:18	14:07
Good	Medium	65	8	1:45	19:55	11:28	15:24	15:13
Good	**Low**	**60**	**5**	**1:25**	**20:44**	**12:00**	**16:47**	**16:36**
Satisfactory	High	55	4	1:05	21:03	12:11	17:03	16:52
Satisfactory	Medium	50	3	0:45	21:22	12:23	17:20	17:09
Probationary		45	2	0:25	21:41	12:33	17:53	17:42

Table 4-2: PRT Standards Altitudes Greater Than 5000 Feet

Performance		Points	Males: Age 65+ years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	48	2:50	12:51	08:37	8:10	7:59
Outstanding	Medium	95	46	2:45	13:26	08:48	8:43	8:32
Outstanding	**Low**	**90**	**44**	**2:40**	**13:59**	**08:59**	**9:16**	**9:05**
Excellent	High	85	41	2:34	14:40	09:10	10:00	9:49
Excellent	Medium	80	39	2:27	15:21	09:21	10:44	10:33
Excellent	**Low**	**75**	**36**	**2:20**	**16:01**	**09:32**	**11:33**	**11:22**
Good	High	70	25	2:00	17:22	09:54	12:34	12:23
Good	Medium	65	18	1:40	18:42	10:16	13:34	13:23
Good	**Low**	**60**	**10**	**1:20**	**20:02**	**10:38**	**14:40**	**14:29**
Satisfactory	High	55	8	1:00	20:54	10:49	15:02	14:51
Satisfactory	Medium	50	6	0:40	21:46	11:00	15:24	15:13
Probationary		45	4	0:20	22:39	11:11	15:41	15:30

Performance		Points	Females: Age 65+ years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	22	2:50	16:14	09:43	10:11	10:00
Outstanding	Medium	95	20	2:45	17:37	09:54	11:00	10:49
Outstanding	**Low**	**90**	**18**	**2:40**	**17:57**	**10:05**	**11:25**	**11:14**
Excellent	High	85	16	2:34	18:23	10:16	11:57	11:46
Excellent	Medium	80	14	2:27	18:50	10:27	12:56	12:45
Excellent	**Low**	**75**	**12**	**2:20**	**19:15**	**10:38**	**13:01**	**12:50**
Good	High	70	9	2:00	20:08	11:00	14:35	14:24
Good	Medium	65	6	1:40	21:01	11:33	15:41	15:30
Good	**Low**	**60**	**4**	**1:20**	**21:53**	**12:06**	**17:03**	**16:52**
Satisfactory	High	55	3	1:00	22:14	12:17	17:20	17:09
Satisfactory	Medium	50	2	0:40	22:34	12:28	17:36	17:25
Probationary		45	1	0:20	22:57	12:39	18:09	17:58